

MODERN WAYS *with an* ANCIENT FOOD





Wele is properly
called **F**arina only
when the corne is well
grounde

IN such a mill as this was "farina" ground hundreds of years ago. Even in 1398 when the above quotation was written "farina" meant "the best." The creamy white, pure wheat cereal of today—Heckers' Cream-Farina—is a very different product from that ground in these crude mills, but the tradition of excellence has persisted and the word "farina" is still, as it was then, reserved for the purest and finest of wheat products.

NOTE: Farina is WHEAT. "Corne" is used here in its early English sense synonymous with "grain" to denote all cereals.

THIS BOOKLET
OF
RECIPES AND SUGGESTIONS
IS OFFERED
To Mothers

WHO earnestly endeavor to solve the problems of nutrition for their children from babyhood through the school age.

WHO wisely continue to watch the diet and health habits of their families through growth and adult life.

WHO devote time and thought to the preparation of attractive meals which are wholesome, satisfying and appetizing.



HECKER H-O COMPANY, INC.
BUFFALO, N. Y.

HECKERS' CREAM-FARINA HEARTS OF WHEAT

A WORD TO MOTHERS

Heckers' Cream-Farina—a perfectly milled, smooth, pure and wholesome cereal—is most excellent for baby's first solid food. As a gruel, it may be given as early as the third month, for even baby's tender digestive tract cannot be irritated by a food so creamy smooth in texture, and so delicate in flavor.

Cream-Farina is the heart of the wheat—that part which nature has kept sealed in a protective bran covering. In preparing Heckers' Cream-Farina, this coarse bran covering is milled off and only the clean inner portion of the wheat is used. The energy part of the wheat remains. This is Cream-Farina.

BALANCED DIETS

Heckers' Cream-Farina served with milk and fruit supplies all the needs of the growing child. A nutritionally balanced diet contains approximately 80 to 85 per cent carbohydrate and fat, and 10 to 15 per cent protein. These must be supplemented by mineral salts and vitamins. Heckers' Cream-Farina offers the basis for such a diet.* It supplies carbohydrate and fat—needed for energy, warmth, work and play—good body building protein, and wheat minerals vital to the maintenance of health.

ECONOMY AND VARIETY

By eating less rich, high priced foods and more wholesome cereals, you and your family can save money and keep in better health.

A prominent authority on nutrition states that 30 to 50 per cent of the total food energy or Calorie intake each day should be derived from cereal foods. What a saving this would be!

A diet containing 50 per cent cereal food is entirely practical with Heckers' Cream-Farina to help you. It can be prepared in many appetizing ways and blends delightfully with a variety of foods. Actually and literally, Heckers' Cream-Farina can be served from soup to nuts as a glance through these recipes will show you.

For example, Cream-Farina is ideal for thickening soups and is delicious in fluffy omelet. Mixed with celery and bacon, flavored with butter, onion and salt it makes a new and savory stuffing for fish or fowl. Cream-Farina Stuffed Date Salad is delightful. Cream-Farina Orange Sherbet is refreshingly new and pleasing. Heckers' Cream-Farina desserts are famous and their variety is almost limitless.

*See percentage composition, Page 23.



GRUEL
Recipe page 5

HECKERS' CREAM-FARINA FOR BREAKFAST

It is easy to prepare a Heckers' Cream-Farina breakfast—only two minutes cooking and this delicious hot cereal is ready to serve. These recipes suggest new ways of making breakfasts attractive with Cream-Farina.

HECKERS' CREAM-FARINA

$\frac{3}{4}$ cup uncooked Cream-Farina 4 cups boiling water
1 teaspoon salt

Into the boiling salted water slowly pour Cream-Farina while stirring constantly. Continue to stir while cooking 2 to 3 minutes. If a double boiler is used, cook 7 to 8 minutes.

Serve with milk or cream, with white or light brown sugar added if desired. Cream-Farina is delicious with butter or fried butter.

Makes three 145 Calorie servings. (See definition page 23.)

CREAM-FARINA WITH FRUITS OR NUTS

Dates, cooked figs or prunes, or nuts may be substituted for raisins in the preceding recipe.

Cream-Farina is excellent when served with uncooked fruits as sliced bananas, or stewed or preserved fruits. Serve with top-milk or cream over the cereal.





CREAM-FARINA
COOKED IN MILK
Recipe below

CREAM-FARINA COOKED IN MILK

$\frac{3}{4}$ cup uncooked Cream-Farina 5 cups milk (or equal parts milk and water)
1 teaspoon salt

Heat milk to boiling, add salt and slowly pour in Cream-Farina while stirring. Reduce flame and continue cooking 2 to 3 minutes, stirring constantly to prevent burning.

Serve as prepared or with top-milk or cream and white or light brown sugar. This makes a delicious breakfast dish, or, if fruits are added, an excellent simple dessert.

Made entirely with milk, this recipe yields three 425 Calorie servings. (See definition page 23.)

CREAM-FARINA WITH RAISINS OR DRIED CURRANTS

$\frac{3}{4}$ cup uncooked Cream-Farina 4 cups boiling water or 5 cups milk
1 teaspoon salt $\frac{1}{2}$ to $\frac{3}{4}$ cup raisins or dried currants

Stir Cream-Farina into rapidly boiling salted water. Add raisins or currants and cook 2 to 3 minutes, or 7 to 8 minutes in double boiler.

Serve with top-milk or cream.

Serves 3 or 4

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FRIED CREAM-FARINA

Illustration page 8

$\frac{3}{4}$ cup uncooked Cream-Farina $3\frac{1}{2}$ cups boiling water or $4\frac{1}{2}$ cups milk
1 teaspoon salt

Pour Cream-Farina into rapidly boiling salted water or milk and cook 3 minutes, stirring constantly, or place in double boiler and cook 15 minutes. Pour into a bread tin, and when cold and solidified turn out of pan and cut into slices $\frac{1}{4}$ to $\frac{1}{2}$ inches thick. Fry to golden brown in hot fat (bacon fat or butter is very good). Serve with syrup, sugar, marmalade, etc.

Serves 4 or 5.

OTHER BREAKFAST SERVINGS OF CREAM-FARINA

Left over Cream-Farina may be scrambled with eggs, ham or other left-over meats with parsley added.

Creamed eggs are delicious when served over buttered Cream-Farina.

Bacon, ham or sausage may be served with Cream-Farina and gravy.

HECKERS' CREAM-FARINA FOR INFANTS

Heckers' Cream-Farina in the form of a gruel or cereal jelly is the accepted food for infants. It is ideally adapted to infant feeding because it is entirely free from wheat bran. It is so smooth and soothing that it does not irritate the most delicate digestive tissues. Babies grow stronger and healthier when Heckers' Cream-Farina is added to the diet. (For age of giving cereal follow the feeding advice of your physician.)

CREAM-FARINA GRUEL (For Babies and Invalids)

Illustration page 2

1 to 2 level tablespoons Cream-Farina $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt
1 cup milk (about) 1 cup water

Sprinkle Cream-Farina into *cold* salted water in single boiler. Bring to boiling, lower heat somewhat, and cook 15 to 20 minutes. Add milk 5 minutes before cooking is finished.

If double boiler is used, add Cream-Farina to *cold* salted water and milk in upper compartment. Bring to boiling, place over boiling water in lower compartment and cook 30 minutes. Cream-Farina Gruel needs no straining.

The quantity of Cream-Farina used in the gruel is increased

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gradually with increasing age of infant. Consult your physician for the proper quantity of milk to be added to obtain best results for your baby.

Cream-Farina Gruel for invalids may be enriched with cream, beaten eggs, soups, or broths.

CREAM-FARINA CEREAL WATER

Add 1 to 2 level tablespoons Cream-Farina to 1 pint boiling water. Cook in double boiler 1 hour and strain before using.

Cereal water is given as part of milk formula (for artificially fed infants) or instead of water to satisfy thirst, beginning about the third month.

CREAM-FARINA JELLY

Prepare like Cream-Farina Gruel using 2 level tablespoons Cream-Farina to 1 cup boiling water. A jelly forms when cool. Serve with milk and (if allowed) a little sugar.

Cereal jellies, as medium between gruels and thick cereal preparations, are usually given as first semi-solid food of infants and are fed from a spoon.

QUICK BREADS

Heckers' Cream-Farina used in Quick Breads gives them a light, granular quality and the pleasing flavor characteristic of Cream-Farina. The following recipes are especially good.

CREAM-FARINA WAFFLES OR GRIDDLE CAKES

- | | |
|---|--------------------------|
| $\frac{2}{3}$ cup cooked Cream-Farina | 1 tablespoon sugar |
| 2 egg yolks | 2 tablespoons melted fat |
| 1 cup milk | 2 egg whites |
| $2\frac{1}{4}$ cups Presto Cake Flour
(Self-Rising) or ($2\frac{1}{4}$ cups flour, 4 teaspoons baking powder, and
$\frac{3}{4}$ teaspoon salt) | |

Mix egg yolks with cooked Cream-Farina, add milk. Sift sugar with Presto and stir in gradually. Add melted fat, and fold in stiffly beaten egg whites. Cook on a greased (if aluminum do not grease) hot waffle iron $1\frac{1}{2}$ minutes on each side; or fry on hot griddle.

Makes six, whole iron waffles or 12 griddle cakes.

(6)



CREAM-FARINA MUFFINS

- | | |
|---|--------------------------------|
| $\frac{1}{2}$ cup uncooked Cream-Farina | 1 cup milk |
| 1 cup Presto Cake Flour
(Self-Rising) or (1 cup flour,
3 teaspoons baking powder,
and 1 teaspoon salt) | 1 egg |
| | 1 tablespoon melted shortening |

Sift dry ingredients together. Add milk, beaten egg, and melted shortening. Bake in greased muffin tins in moderate oven (400° to 415° F.) about 20 minutes.

Makes 8 to 10

CREAM-FARINA SPOON BREAD

- | | |
|-----------------------------|-------------------------|
| 1 cup uncooked Cream-Farina | 1 tablespoon shortening |
| 2 cups boiling water | 3 egg yolks |
| 1 cup milk | 3 egg whites |
| | 1 teaspoon salt |

Combine water and milk and heat to boiling. Add salt, slowly stir in Cream-Farina, and cook 3 minutes. Cool somewhat, add shortening, beaten egg yolks, and fold in beaten egg whites. Pour into greased baking dish, and bake 25 minutes in moderate oven (380° to 400° F.).

Serves 6

CREAM-FARINA BROWN BREAD

Illustration page 12

- | | |
|-----------------------------|----------------------------|
| 2 cups graham flour | $\frac{3}{4}$ cup molasses |
| 1 cup uncooked Cream-Farina | 2 cups sour milk |
| 2 teaspoons soda | 1 cup raisins |
| | 1 teaspoon salt |

Mix dry ingredients, add molasses, milk and floured raisins. Turn into greased mold, filling about $\frac{3}{4}$ full, and steam 2 hours. Sweet milk may be used instead of sour milk in which case reduce soda to $\frac{3}{4}$ teaspoon.

Makes 1 loaf.

CREAM-FARINA SANDWICH FILLINGS

Cream-Farina added to sandwich fillings holds the moisture in the filling, and prevents soaking of the bread.

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FRIED FARINA
Recipe page 5

CREAM-FARINA CHEESE SANDWICH FILLING

- | | |
|-------------------------------------|---|
| 2 tablespoons uncooked Cream-Farina | 1 cup strained tomato pulp |
| 1 1/4 cups (1/4 lb.) grated cheese | 1/4 teaspoon salt |
| 1/8 teaspoon pepper | 3/4 cup (1/4 lb.) cooked ham, ground or chopped |
| | Paprika |

Heat strained tomato pulp in double boiler; add salt and Cream-Farina and cook 7 to 8 minutes with frequent stirring. Add grated cheese and heat until melted. Remove from fire, add remaining ingredients, and allow to cool before spreading on bread.

Makes 1 1/2 cups filling.

CREAM-FARINA OLIVE-NUT SANDWICH FILLING

- | | |
|-----------------------------|--------------------------|
| 1/4 cup cooked Cream-Farina | 1 tablespoon mayonnaise |
| 1/2 cup minced olives | Salt, pepper and paprika |
| 1/3 cup ground nut meats | |

Mix ingredients well and season to taste.
Makes 1 cup filling.

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MEAT, FISH, EGG AND CHEESE DISHES

Do not guess whether your souffle or omelet will be light. Use Heckers' Cream-Farina as described below and be assured of their fluffiness. Cream-Farina also makes a smooth rarebit which will not become stringy. Combine left-over meat or fish with Cream-Farina for delicious luncheon dishes.

CREAM-FARINA OMELET

- | | |
|-------------------------------------|-------------------|
| 2 tablespoons uncooked Cream-Farina | 1/2 cup milk |
| 1/8 teaspoon pepper | 1/2 teaspoon salt |
| 1 tablespoon butter | 4 egg yolks |
| | 4 egg whites |

Heat milk in double boiler, add salt, pepper, and stir in Cream-Farina. Cook 7 to 8 minutes. Add butter, beaten egg yolks, and fold in stiffly beaten egg whites. Pour into hot buttered frying pan (9 inches in diameter) and spread evenly with fork. Cook over low flame about 15 minutes or until firm to touch. Dry top of omelet in slow oven (300° to 310° F.) 3 or 4 minutes. Draw knife through, a little to one side of center, being careful not to cut all the way through. Fold and serve at once on hot platter.

Serves 6

CREAM-FARINA SALMON OMELET

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|----------------------------|-------------------------|
| 1 can (1 lb.) salmon | 1 teaspoon minced onion |
| 2 to 3 eggs | 1 teaspoon salt (about) |
| 2 cups cooked Cream-Farina | Pepper |

Drain salmon, chop, and mix well with cooked Cream-Farina and remaining ingredients. Fry in hot fat by tablespoonsful, and serve hot or cold on lettuce leaves. Also it may be baked as a loaf about 30 minutes in a moderate oven (380° to 400° F.).

Serves 5 or 6

CREAM-FARINA CHEESE PUFF (SOUFFLÉ)

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|---------------------------|-------------------|
| 1 1/2 cups grated cheese | 4 egg yolks |
| 1 cup cooked Cream-Farina | 4 egg whites |
| 1/4 cup hot water | 1/2 teaspoon salt |
| Dash of pepper | |

Add hot water to Cream-Farina, then cheese, beaten egg yolks, salt, and pepper. Fold in stiffly beaten egg whites. Pour into greased baking dish or separate molds and bake in slow oven (320° to 350° F.) until firm, about 20 minutes.

Serves 5 or 6

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RAREBIT
Recipe below

CREAM-FARINA RAREBIT

Illustration above

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|-----------------------------|-----------------------------|
| 1 cup cooked Cream-Farina | 1 cup grated cheese |
| 2 tablespoons melted butter | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup hot milk | Dash of pepper |

Melt butter in saucepan, add Cream-Farina, and stir over fire 5 minutes. Add other ingredients. Cook until cheese is melted, stirring constantly (about 2 minutes). Serve at once on toast or toasted crackers. Serves 4

CREAM-FARINA PEANUT LOAF

- | | |
|-------------------------------|-----------------------------|
| 1 cup ground peanuts | 1 egg, beaten |
| 2 cups cooked Cream-Farina | 2 tablespoons chopped onion |
| $\frac{1}{2}$ cup tomato pulp | Salt and pepper |

Combine ingredients, mold into loaf, or put in baking dish, and bake 30 to 40 minutes in moderate oven (350° to 450° F.). This makes an excellent meat substitute.

Serves 4

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CREAM-FARINA FISH BALLS BAKED

- | | |
|----------------------------|-------------------------------------|
| 1 egg | 1 teaspoon lemon juice |
| 1 cup cooked Cream-Farina | $\frac{1}{4}$ teaspoon salt (about) |
| 1 cup cooked fish, chopped | Pepper |

Beat egg and add other ingredients. Form into balls, place in greased pan, and bake to a delicate brown. Serve hot on slices of buttered toast.

Serves 3 or 4

CREAM-FARINA MEAT LOAF

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|--|--|
| 1 $\frac{1}{2}$ lbs. beef | 2 cups cooked Cream-Farina |
| $\frac{1}{2}$ lb. pork | 1 egg, beaten |
| $\frac{1}{8}$ lb. salt pork or bacon, sliced | 1 $\frac{1}{2}$ teaspoons salt (about) |
| 1 tablespoon onion juice or minced onion | Pepper |

Remove gristle from meat, including half the salt pork or bacon, and put through food chopper. Add remaining ingredients and mix well. Shape into roll and lay in baking pan with reserved slices of salt pork on top. Add enough hot water to cover bottom of pan, cover and bake in moderate oven (380° to 410° F.) about 1 $\frac{1}{4}$ hours. Uncover for last 15 minutes to brown. Slice across and serve hot or cold.

Serves 8 to 10

CREAM-FARINA TAMALE PIE

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|------------------------------------|---------------------------------|
| 3 cups cooked Cream-Farina | $\frac{1}{2}$ lb. chopped steak |
| $\frac{1}{2}$ tablespoon fat | 1 teaspoon salt |
| $\frac{1}{2}$ medium onion, minced | 2 cups sauce |
| 1 cup tomato pulp | |

Add onion to hot fat in frying pan and cook until brown. Add chopped steak and stir while heating until brown (about 2 minutes). Add seasonings. Combine tomato pulp with cooked Cream-Farina and put half into greased baking dish; spread over with the meat and cover with rest of mush. Bake in hot oven (400° to 425° F.) 30 minutes. Serve with a sauce, as tomato sauce.

Serves 4

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BROWN BREAD
Recipe page 7

CREAM-FARINA STUFFING FOR MEATS

3 cups cooked Cream-Farina
2 tablespoons butter
Salt
Pepper

$\frac{1}{2}$ cup minced celery
1 teaspoon minced onion
2 slices salt pork or bacon,
minced

Add melted butter to cooked Cream-Farina and mix well with remaining ingredients. Stuff fowl, fish, or other meats with this mixture. Other seasonings may be added, as sage, chopped nuts, minced peppers, etc.

CREAM-FARINA BALLS (Drop Dumplings)

$\frac{1}{4}$ cup uncooked Cream-
Farina
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ teaspoon salt

1 teaspoon butter
1 egg yolk
1 egg white

Heat milk in double boiler. Add salt, butter, and stir in Cream-Farina. Cook 7 to 8 minutes. Add beaten egg yolk and fold in stiffly beaten egg white. Drop from teaspoon into boiling soup, chowder, or stew, and cook 8 to 10 minutes. Serve at once. These are most delicious in soups.

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CREAM-FARINA IN SOUPS

Add uncooked Cream-Farina to meat, vegetable, clear soups, or chowders using about 1 tablespoon to each cup soup. Sift in slowly and allow 2 or 3 minutes to cook. Cream-Farina adds a pleasing flavor to soups.

CREAM-FARINA WITH VEGETABLES

Children like vegetables combined with Heckers' Cream-Farina. Cream-Farina adds needed energy to vegetable dishes and a new granular quality which makes them more appetizing. Cream-Farina Scalloped Spinach is recommended for those who eat spinach only for its health-giving properties. These recipes offer excellent uses for left-over vegetables.

PEAS WITH CREAM-FARINA

2 tablespoons fat
1 onion, minced
1 tablespoon minced parsley
2 cups cooked green peas
 $\frac{1}{2}$ cup uncooked Cream-
Farina

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 cups hot water
3 tablespoons grated cheese

Melt fat in frying pan, add onion and parsley and cook 3 minutes. Add peas and cook 5 to 10 minutes. Add hot water, then Cream-Farina, salt, and pepper, and stir while cooking until Farina is soft (about 3 minutes). Add cheese and serve at once.

Serves 5 or 6

CREAM-FARINA SCALLOPED SPINACH

1 cup cooked Cream-Farina
2 cups cooked spinach
 $\frac{2}{3}$ cup spinach liquor
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper
1 egg, beaten
1 tablespoon butter
2 tablespoons minced onion

Cut spinach through to break up leaves, mix well with Cream-Farina, and add other ingredients. Pour into greased baking dish and bake in moderate oven (350° to 400° F.) about 15 minutes.

Serves 5 or 6

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CREAM-FARINA WITH CORN

- | | |
|---|------------------------|
| $\frac{1}{4}$ cup uncooked Cream-Farina | 1 egg, beaten |
| $1\frac{1}{2}$ cups hot milk | 2 tablespoons fat |
| 2 cups corn | 1 teaspoon salt |
| | 1 green pepper, minced |

Pour hot milk over Cream-Farina, let cool. Add other ingredients, and pour into greased baking dish. Bake 1 hour in slow oven (325° to 375° F.); stir after 30 minutes.

Serves 4 or 5

CREOLED CREAM-FARINA

- | | |
|---|-----------------------------------|
| $\frac{3}{4}$ cup uncooked Cream-Farina | 1 small onion, minced |
| 2 stalks celery, chopped | $3\frac{1}{2}$ cups boiling water |
| $1\frac{1}{2}$ teaspoons salt (about) | 1 cup tomato pulp |
| Pepper or paprika | 4 tablespoons butter |

Slowly stir Cream-Farina into boiling salted water and cook 2 minutes. Add remaining ingredients and place in baking dish in moderate oven (350° to 400° F.) for about 30 minutes.

Serves 4

CREAM-FARINA CROQUETTES

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|---|-----------------------------|
| $\frac{1}{2}$ cup uncooked Cream-Farina | 2 teaspoons butter |
| 1 egg yolk | 2 cups milk |
| $\frac{1}{4}$ teaspoon nutmeg | $\frac{1}{2}$ teaspoon salt |

Heat milk in double boiler, add salt, butter, slowly stir in Cream-Farina and cook 15 minutes. Remove from fire, add beaten yolk of egg, and allow to cool. Shape into croquettes. Roll in bread crumbs, then in beaten egg, and again in crumbs. Fry in deep fat to a golden brown, and serve with sauce as a vegetable, or syrup as a dessert.

Serves 5 or 6

CREAM-FARINA STUFFED PEPPERS

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|--------------------------------|-----------------|
| 1 cup cooked Cream-Farina | 1 medium tomato |
| $\frac{3}{4}$ cup chopped meat | Salt and pepper |
| 1 onion, finely chopped | 6 green peppers |

Cut slice from stem end of peppers, remove seeds, and parboil 15 minutes. Combine Cream-Farina with chopped meat, onion, tomato and seasonings. Stuff peppers, cover with buttered bread crumbs, and place in baking dish containing hot water to cover bottom of dish. Bake in moderate oven (380° to 410° F.) 30 minutes.

Serves 6

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CREAM-FARINA STUFFED TOMATOES

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|----------------------------------|-----------------------------|
| 1 cup cooked Cream-Farina | 3 tablespoons melted butter |
| $\frac{1}{2}$ cup chopped celery | Salt and pepper |
| 1 tablespoon chopped onion | 6 tomatoes |

Fry celery and onion in butter 5 minutes. Add cooked Cream-Farina, salt, and pepper. Stuff tomatoes with mixture and bake $\frac{1}{2}$ hour in moderate oven (350° to 400° F.).

Serves 6

CREAM-FARINA STUFFED EGG PLANT

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|---|---------------------------|
| 1 medium sized egg plant | 1 cup cooked Cream-Farina |
| 2 to 3 tablespoons butter | 1 egg |
| 2 to 3 tablespoons finely chopped onion | Salt and pepper |

Cut egg plant lengthwise into halves. Scoop out pulp with spoon and chop. Heat butter in saucepan, add onion and cook 5 minutes. Add $\frac{1}{2}$ to $\frac{3}{4}$ cup water, bring to boiling, and add egg plant pulp. Lower heat and cook with occasional stirring until pulp is fairly soft and dry. Stir beaten egg well into cooked Cream-Farina, add seasonings and combine with first mixture. Fill egg plant shells, place in pan containing a little water, and bake about 25 minutes, in hot oven (400° to 420° F.).

Serves 4 or 5

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SALADS

Heckers' Cream-Farina flavor blends well with the flavor of many salad materials. It gives them a new and different consistency. The cold cooked Cream-Farina may be diced and combined with meat, cheese, fruit, etc. Cheese blended with Cream-Farina makes a good filling for peppers, tomatoes and other salad materials.

CREAM-FARINA STUFFED DATE OR PRUNE SALAD

30 dates ($\frac{2}{3}$ package) or 30 prunes	2 teaspoons cream or mayonnaise
$\frac{1}{3}$ cup cooked Cream-Farina	Paprika
$\frac{1}{3}$ cup (3 oz.) cream cheese	Lettuce
Dash of salt	French or mayonnaise dressing

Rub cooked Cream-Farina, cream cheese, and cream or mayonnaise to a paste. Add salt and paprika. Wash dates, or cook prunes, remove pits, and stuff. Arrange 5 or 6 in a circle on lettuce. Serve with French or mayonnaise dressing.

CREAM-FARINA TOMATO AND CHEESE SALAD

$\frac{2}{3}$ cup cooked Cream-Farina	Salt and paprika
$\frac{1}{3}$ cup (3 oz.) cream cheese	Mayonnaise
3 tablespoons minced green pepper	6 medium sized tomatoes
	3 tablespoons chopped nuts

Mix cooked Cream-Farina well with cheese. Add minced green pepper, nuts, salt, paprika, and 1 tablespoon mayonnaise. Peel tomatoes, remove centers, and stuff. Serve on lettuce with mayonnaise.

Serves 6

CREAM-FARINA PINEAPPLE SALAD

1 cup cooked Cream-Farina	Salt and pepper
$\frac{1}{2}$ cup grated American cheese	$1\frac{1}{2}$ to 2 cups cubed canned pineapple
$\frac{1}{4}$ cup chopped nuts	Salad dressing

Mix Cream-Farina with grated cheese and season with salt and pepper. Chill, cut into small cubes, and cover with chopped nuts. Combine with cubed pineapple and serve on lettuce with mayonnaise.

Other fruits may be used as apple, orange, or banana.

Serves 5 or 6

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BAKED
CUSTARD
Recipe below

CREAM-FARINA CHICKEN SALAD

1 cup cooked Cream-Farina	$\frac{1}{2}$ teaspoon salt
1 cup diced cooked chicken	Paprika
1 cup celery, cut fine	$\frac{1}{2}$ cup cream, whipped
1 pimento, cut fine	Lettuce or watercress
1 tablespoon vinegar	Mayonnaise

Combine ingredients, folding in whipped cream last. Turn into individual molds rinsed with cold water, chill until firm. Serve on lettuce or watercress with mayonnaise.

Serves 5

DESSERTS

The following recipes make delicious Cream-Farina desserts. Heckers' Cream-Farina gives a new flavor and consistency, relieves excessive sweetness, and furnishes valuable food material. Baked Custard when made with Cream-Farina becomes a dish to tempt the most epicurean taste. Cream-Farina desserts are ideal for growing children or convalescents.

CREAM-FARINA BAKED CUSTARD

Illustration above

1 cup cooked Cream-Farina	2 eggs
$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon vanilla	Nutmeg

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Add small quantity of milk to Cream-Farina and stir until creamy. Add remaining milk gradually, then beaten eggs, sugar, and vanilla. Pour into buttered baking dish, sprinkle with nutmeg, place in pan containing one inch of water, and bake about $\frac{1}{2}$ hour in moderate oven (360° to 380° F.). This makes a delicious custard.

Serves 5

CREAM-FARINA BOILED CUSTARD

2 tablespoons uncooked Cream-Farina	2 eggs
2 cups milk	$\frac{1}{4}$ cup sugar
$\frac{1}{8}$ teaspoon salt	1 teaspoon lemon extract

Heat milk in double boiler; add salt and Cream-Farina, and cook 7 to 8 minutes. Add eggs beaten well with sugar. Cook 1 minute longer, remove from stove and add extract.

Serves 4

CREAM-FARINA PUDDING

$\frac{1}{3}$ cup uncooked Cream- Farina	$\frac{1}{3}$ cup sugar
4 cups milk	$\frac{1}{8}$ teaspoon nutmeg or cin- namon
$\frac{1}{4}$ teaspoon salt	Grated rind $\frac{1}{4}$ lemon

Combine ingredients and pour into greased baking dish. Bake 3 hours in very slow oven (250° to 325° F.), stirring occasionally at first, or cook 1 hour in double boiler without cover.

Serves 4

CREAM-FARINA INDIAN PUDDING

3 tablespoons uncooked Cream-Farina	$\frac{1}{4}$ teaspoon each ginger, nut- meg, and cinnamon
1 pint milk	1 teaspoon salt
2 tablespoons butter	$\frac{1}{4}$ cup sugar
3 tablespoons molasses	2 eggs, beaten

Heat milk in double boiler, add Cream-Farina, stir and cook 5 to 6 minutes. Add remaining ingredients, pour into buttered baking dish, place in pan of water in slow oven (320° to 350° F.) and bake about 30 minutes. Add chopped raisins, figs, or dates if desired; or omit molasses and substitute sugar.

Serves 5 or 6

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CREAM-FARINA COOKIES

$\frac{1}{3}$ cup shortening	$\frac{3}{4}$ cup Cream-Farina
1 cup sugar	$1\frac{1}{2}$ cups Presto Cake Flour (Self-Rising) or ($1\frac{1}{2}$ cups flour
1 egg	2 teaspoons baking powder
$\frac{1}{4}$ cup milk	1 teaspoon salt)

Combine shortening with sugar. Add remaining ingredients in order given. Mix to a soft dough, roll on board dusted with a mixture of flour and sugar, cut, and bake in moderate oven (380° to 410° F.) about 12 to 15 minutes.

Makes about 3 doz.

CREAM-FARINA FRUIT MOLD

$\frac{1}{3}$ cup uncooked Cream- Farina	$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
2 cups milk	1 cup whipped cream
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
	Fruits and chopped nuts

Heat milk to boiling, add salt, sugar, and Cream-Farina and cook while stirring 2 to 3 minutes. Pour into bowl to cool. Fold in whipped cream, and add fruits as desired, as berries, sliced bananas, oranges, peaches, apricots, etc., and chopped nuts.

Serves 4 to 6

CREAM-FARINA CRANBERRY WHIP

2 cups cranberries	$1\frac{1}{2}$ cups sugar
4 cups water	$\frac{1}{4}$ cup uncooked Cream-Farina
1 teaspoon salt	Whipped cream

Boil cranberries in water, then mash and strain. Add more water to make 4 cups. Add salt and sugar, heat to boiling, slowly stir in Cream-Farina and cook 2 to 3 minutes. Cool somewhat, then whip with egg-beater until light and pink in color. Serve cold with whipped cream, decorated with a candied cherry.

Serves 6

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CREAM-FARINA PINEAPPLE PUDDING

Illustration page 21

- | | |
|---|------------------------------|
| $\frac{3}{4}$ cup uncooked Cream-Farina | 1 small can grated pineapple |
| 1 teaspoon salt | 4 cups boiling water |
| | $\frac{3}{4}$ cup sugar |

Pour Cream-Farina slowly into boiling salted water and cook 3 minutes. Add pineapple and sugar and pour into buttered baking dish. Bake 20 minutes in moderate oven (350° to 380° F.). Serve hot or cold with cream.

Serves 6

CREAM-FARINA LEMON PUDDING

- | | |
|---|-------------------------------|
| $\frac{1}{3}$ cup uncooked Cream-Farina | 1 tablespoon butter |
| $\frac{1}{2}$ teaspoon salt | 2 cups boiling water |
| $\frac{3}{4}$ cup sugar | 2 teaspoons grated lemon rind |
| | Juice of 1 lemon |

Add salt, sugar, butter, grated lemon rind and juice to boiling water. Slowly add Cream-Farina, and cook while stirring 3 to 5 minutes. Chill and serve with cream or creamy sauce.

Serves 3 or 4

CREAM-FARINA DATE MERINGUE PUDDING

Illustration page 23

- | | |
|----------------------------|-------------------------|
| 2 cups cooked Cream-Farina | $\frac{1}{2}$ cup sugar |
| 2 egg yolks | 1 cup chopped dates |
| 2 egg whites | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup milk | |

Add beaten egg yolks to Cream-Farina and mix well. Stir in milk, then remaining ingredients. Pour into buttered baking dish, place in pan of water, and bake in slow oven (320° to 350° F.) 30 to 40 minutes. Cover with meringue made of two stiffly beaten egg whites and two tablespoons sugar. Return to oven to brown meringue.

Serves 4 or 5

CREAM-FARINA APPLE CRISP

- | | |
|---|--|
| 2 cups sliced apples | 1 teaspoon cinnamon |
| 1 cup water | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{1}{2}$ cup uncooked Cream-Farina | 3 tablespoons butter |
| | $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar |

Place sliced apples in buttered baking dish. Add water and sprinkle over Cream-Farina, sugar, spices, and dots of butter. Bake in moderate oven (350° to 400° F.) about 30 minutes. Serve hot or cold with cream or creamy sauce.

Serves 4

(20)



PINEAPPLE
PUDDING
Recipe page 20

CREAM-FARINA CHOCOLATE PUDDING

- | | |
|---|---------------------------|
| $\frac{1}{2}$ cup uncooked Cream-Farina | $\frac{3}{4}$ cup sugar |
| 3 cups milk | 2 egg yolks |
| $1\frac{1}{2}$ squares chocolate | 2 egg whites |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon vanilla |
| Whipped cream | Juice $\frac{1}{2}$ lemon |

Heat milk in double boiler, slowly stir in Cream-Farina and cook 5 minutes. Add melted chocolate, salt, egg yolks beaten with sugar, and lemon juice. Cook 10 minutes longer. Remove from stove, fold in stiffly beaten egg whites, add vanilla, pour into custard cups, cool, and serve with whipped cream.

Serves 5

CREAM-FARINA COCOANUT PUDDING

- | | |
|--------------------------------|----------------------------|
| 2 cups cooked Cream-Farina | $\frac{3}{4}$ cup sugar |
| $1\frac{1}{2}$ cups milk | $\frac{3}{4}$ cup cocoanut |
| $\frac{1}{2}$ teaspoon vanilla | |

Add small quantity of milk to cooked Cream-Farina and stir until well mixed. Add remainder of milk, sugar, most of cocoanut, and vanilla. Pour into buttered baking dish, sprinkle with remaining cocoanut, and bake 20 minutes in moderate oven (350° to 380° F.).

Serves 4

(21)



CREAM-FARINA LEMON SHERBET WITHOUT FREEZING

$\frac{1}{3}$ cup uncooked Cream-Farina
2 cups boiling water
 $\frac{1}{4}$ teaspoon salt

1 cup sugar
Juice 2 lemons
2 egg whites

Add salt, sugar, and lemon juice to boiling water; slowly stir in Cream-Farina and cook 2 to 3 minutes. Remove from fire and when cool add stiffly beaten egg whites and beat well. Serve with boiled custard or milk.

Serves 4

CREAM-FARINA ORANGE SHERBET

1st Mixture
Grated rind 1 orange
2 cups boiling water
1 cup sugar
1 cup orange juice
Juice 2 lemons

2nd Mixture
 $1\frac{1}{2}$ cups cream
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup uncooked Cream-Farina

1st Mixture: Pour boiling water over rind; add one cup sugar; cover and let stand one-half hour; strain and add orange and lemon juice.

2nd Mixture: Heat cream in double boiler; add salt, sugar, and slowly stir in Cream-Farina. Cook 7 to 8 minutes, cool. Slowly pour first mixture into second mixture and freeze.

Serves 6 to 8

CREAM-FARINA ICE CREAM

$\frac{1}{3}$ cup uncooked Cream-Farina
1 pint thin cream
1 pint milk

1 to $1\frac{1}{2}$ cups sugar
1 small can crushed pineapple, or other fruit as desired
 $\frac{1}{4}$ teaspoon salt

Heat cream and milk in double boiler; add salt, sugar and stir in Cream-Farina. Cook 7 to 8 minutes. Remove from fire, add fruit, and freeze.

Makes about 2 quarts

CREAM-FARINA IN JUICY PIES

Cream-Farina can be used to advantage in juicy pies as berry or cherry pies. It takes up the excess juice and prevents boiling over. It also prevents soggy crusts.

Sprinkle $\frac{1}{2}$ to 1 tablespoon uncooked Farina over the filling.

(22)



DATE _____
MERINGUE
PUDDING
Recipe page 20

FOOD-ENERGY REQUIREMENTS

(Cereals should furnish 30 to 50 per cent of the total food-energy of a well proportioned and properly balanced diet.)

		Calories* of Food-Energy
Children	2-5	1200-1500
Children	6-9	1300-1900
Children	10-13	1900-2500
Girls	14-17	2200-2600
Boys	14-17	2500-3000
Woman doing light work		2200-2500
Woman doing active work		2600-2800
Man doing office work		2600-2800
Man doing light work		2800-3200
Man doing hard work		3500-4000

One serving Heckers' Cream-Farina furnishes 145 Calories.*

SERVINGS PER PACKAGE

28 oz. package—20 ample servings
14 oz. package—10 ample servings
8 oz. package—6 ample servings

Percentage Composition of Heckers' Cream-Farina			
Carbohydrate	78.6%	Fat	1.0%
Protein	9.5%	Wheat Minerals	0.4%
Moisture	10.5%		

* A Calorie is a unit of heat energy and is that quantity of heat required to raise the temperature of one kilogram (2.2046 lbs.) of water one degree Centigrade (1 $\frac{4}{5}$ ° Fahrenheit.)

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BOTH SIDES
OF THE FAMILIAR HECKERS' CREAM-FARINA PACKAGE
ARE SHOWN ABOVE

HEARTS *of* WHEAT



Heckers

CREAM FARINA

Hearts of Wheat